

Tips for when you have diarrhea

Foods high in fiber irritate the intestines and tend to make diarrhea worse.

Eat fewer of these foods when you have diarrhea:

- whole grain breads and cereals, especially those with bran
- raw fruits and vegetables
- nuts and popcorn,
- dried beans and peas
- dried fruits



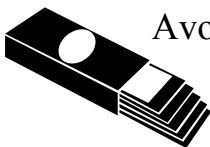
Low fiber foods such as bananas, rice, pasta, mashed potatoes, white bread and toast, and applesauce will help stop diarrhea.

Eliminate or cut down on milk products if they make diarrhea worse. Aged cheese (such as cheddar), yogurt, buttermilk and Lactaid™ treated milk are fine.



Avoid very sweet drinks and foods.

Eliminate greasy, fatty, or highly spiced foods that may aggravate diarrhea.



Avoid foods that cause gas: cabbage, broccoli, cauliflower, beans, corn and carbonated beverages.

Serve foods and beverages cold or at room temperature. Hot foods tend to increase diarrhea.

If diarrhea is severe, have only **clear liquids** until it stops, then gradually resume your normal diet. Clear liquids that are usually well tolerated are:

apple juice

ginger ale and 7-Up™

fruit nectars*

decaffeinated coffee

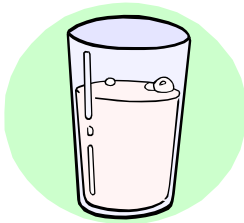
grape juice

tea

powdered fruit drinks

gelatin without added fruit

popsicles™



mushrooms.

Include high potassium foods in your diet to replace losses from diarrhea: bananas, apples, applesauce, potatoes, meat, bread, milk, cheese, avocados and

Drink plenty of liquids during the day.
(Limit caffeine containing beverages)

